



Place names in red on map are listed here. Place names are listed.

Place Name	Lodging	Camping	Bike Shop	Medical Facility	Bus	Train	University / College	Cultural Sites(s)	Natural Sites(s)	Local Bike Routes	Winery/Brewery
Rouses Point	•	•	•	•	•	•	•	•	•	•	•
Plattsburgh	•	•	•	•	•	•	•	•	•	•	•
Ausable Chasm	•	•	•	•	•	•	•	•	•	•	•
Keesville	•	•	•	•	•	•	•	•	•	•	•
Willboro	•	•	•	•	•	•	•	•	•	•	•
Essex	•	•	•	•	•	•	•	•	•	•	•
Westport	•	•	•	•	•	•	•	•	•	•	•
Port Henry	•	•	•	•	•	•	•	•	•	•	•
Crown Point	•	•	•	•	•	•	•	•	•	•	•
Ticonderoga	•	•	•	•	•	•	•	•	•	•	•
Whitehall	•	•	•	•	•	•	•	•	•	•	•
Fort Ann	•	•	•	•	•	•	•	•	•	•	•
Glens Falls	•	•	•	•	•	•	•	•	•	•	•
Hudson Falls	•	•	•	•	•	•	•	•	•	•	•
Fort Edward	•	•	•	•	•	•	•	•	•	•	•
Fort Miller	•	•	•	•	•	•	•	•	•	•	•
Schuyerville	•	•	•	•	•	•	•	•	•	•	•
Saratoga Springs	•	•	•	•	•	•	•	•	•	•	•
Stillwater	•	•	•	•	•	•	•	•	•	•	•
Mechanicville	•	•	•	•	•	•	•	•	•	•	•

This map has been developed by the New York State Department of Transportation (NYSDOT) to assist experienced cyclists in planning long distance bicycle trips along State Bicycle Route 9. The route shown on this map is posted along regular state and local highways used by automobiles, trucks, and other motorized vehicles. Riders should choose routes and trip lengths appropriate for their individual cycling skill levels.

NYSDOT in no way warrants the safety or suitability of the route shown on this map for shared bicycle/motor vehicle use, or for use by young or inexperienced cyclists. Bicyclists must remain alert to traffic and changing road conditions, and assume the risk for their own safety at all times when traveling on highways in New York State. All cyclists have the same responsibility as motorists to obey traffic laws and regulations. NYSDOT, other state agencies, and the political subdivisions of New York State assume no liability for personal injuries or property damage suffered by users of this map product, or of designated State bicycle routes.

Map produced, under contract with the New York State Department of Transportation, by Applied Geographics, Inc. Funding for the project was made available through the U.S. Department of Transportation Federal Highway Administration.

For more information about bicycling in New York State, please visit the NYSDOT's Bicycle and Pedestrian Program home page at: www.dot.state.ny.us/pubtrans/bp/home.html

New York State

State Bike Route 9
New York State
www.state.ny.us

New York State Tourism
www.loveny.com

New York State Parks Recreation and Historic Preservation
(518) 474-0456
www.nysparks.state.ny.us

New York State Department of Transportation
www.dot.state.ny.us

NYSDOT Regional Office Contacts

NYSDOT Region 1
328 State St.
Schenectady, New York 12305
(518) 288-0388
www.dot.state.ny.us/reg/r1/r1.html

NYSDOT Region 7
Dulles State Office Building
317 Washington Street
Watertown, New York 13601
(315) 785-2330
www.dot.state.ny.us/reg/r7/r7.html

NYSDOT Region 8
Eleanor Roosevelt State Office Building
4 Burnett Boulevard
Poughkeepsie, New York 12603
(845) 431-5750
www.dot.state.ny.us/reg/r8/r8.html

NYSDOT Main Office
Bicycle and Pedestrian Program
1220 Washington Avenue
BUILDING 4, Room 115
Albany, New York 12232-0414
(518) 457-2100
www.dot.state.ny.us/pubtrans/bp/home.html

New York City DOT Bicycle map
www.nyc.gov/html/dot/html/get_around/bike/bikemap.html

Metropolitan Planning Organizations
Regional bicycle maps may be obtained by contacting the following MPOs:

Newburgh-Orange County Transportation Council
Orange County Department of Planning
124 Main Street
Goshen, New York 10924
Telephone: (845) 291-2318
Fax: (845) 291-2533
E-mail: NOCTC@warwick.net

Poughkeepsie-Dutchess County Transportation Council
27 High Street
Poughkeepsie, New York 12601
Telephone: (845) 486-3600
Fax: (845) 486-3610
Web site: www.dutchessny.gov

Adirondack-Glens Falls Transportation Council
A-204 Washington County Municipal Center
Fort Edward, New York 12828
Telephone: (518) 746-2199
Fax: (518) 746-2441
E-mail: AGTFC@aol.com
Web site: www.agtfc.org

Capital District Transportation Committee
5 Computer Drive West
Albany, New York 12205
Telephone: (518) 458-2161
Fax: (518) 452-2155
E-mail: CDTC@crisny.org
Web site: www.cdcmpo.org

Public Transportation
Amtrak
www.amtrak.com

Capital District Transportation Authority
(518) 482-1199
www.ctda.org

MTA - (New York City Transit and Metro North RR)
www.mta.nyc.ny.us

New Jersey Transit
www.njtransit.com

Ferry Operators
New York City and Haverstraw - Ossining: NY Waterway
(201) 902-8840
www.nywaterway.com

FL Ticonderoga: Fort Tl Ferry
(802) 897-7999
www.middlebury.net/tlerry

Lake Champlain: Lake Champlain Transportation Company
(802) 864-8804
www.ferries.com

Business and Tourism
Chambers of Commerce
All New York State Chambers of Commerce are referenced at this web site:
www.canyos.com

Bicycle Organizations
New York Parks & Conservation Association
www.nyppca.com

League of American Bicyclists
www.bikeleague.org

Sleepy Hollow Bicycle Club
95 Beekman Avenue
Sleepy Hollow, New York 10591
(914) 631-3135

New York Bicycling Coalition
(518) 505-9499
www.nybc.net

Adirondack North Country Association (ANCA)
20 St. Bernard Street
Saranac Lake, New York 12983
(518) 891-6200
Website: www.adirondack.org/bikeways.htm

Adirondack Regional Tourism Council
PO Box 2149
Plattsburgh, New York 12901
(518) 846-8016
Website: www.bikeadirondack.org

Lake Champlain Bikeways Clearinghouse
c/o Local Motion Trailside Center
1 Steele Street #103
Burlington, Vermont 05401
(802) 552-5162 • E-Phone/Fax
Website: www.champlainbikeways.org

Hudson River Valley Greenway
Capitol Building, Room 254
Albany, New York 12224
Phone: (518) 473-3835 or 1-800-TRAIL92
Fax: (518) 473-4518
Email: hrgreenway@aol.com

Contact Information is Current as of map publication.

Bicycling Safely in New York

Wear a Helmet
"Bicyclists ages 1 through 13 are required to wear an approved helmet when riding. Passengers ages 1 through 4 must wear a helmet and be fastened in a suitable seat. No passengers under age 1 are permitted." Some local laws in New York State require riders of all ages to wear helmets.
*All cyclists should wear a properly fitting helmet bearing a certification by one of the following groups:
- Consumer Product Safety Commission (CPSC)
- American Society for Testing and Materials (ASTM)
- Small Memorial Foundation

Follow the Rules of the Road
"Obey traffic regulations, stop at red lights, obey signs, observe speed limits, and follow lane markings." Cyclists in New York State have the same rights and responsibilities as motorized vehicle operators.
"Never ride against traffic." Drivers do not expect bicyclists riding on the wrong side of the street. Even in marked bike lanes, ride in the direction of traffic.
"Use hand signals. Signal in advance of turns."
"Never wear headphones while cycling."
"Ride near the right-hand curb or edge of the roadway or upon a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic."

Share the Road with Vehicles and Pedestrians
"Be aware of your surroundings. Make eye contact with motorists and pedestrians. Watch for debris and obstructions in your path."
"Ride predictably in traffic. Avoid weaving between vehicles and dozing between parked cars."
"Use a horn, bell, or voice warning when passing pedestrians or slow-moving cyclists."
"Always yield to pedestrians. Yield to other vehicles as appropriate. Be careful at intersections. If necessary, dismount your bicycle and cross at pedestrian crosswalks."

Outfit Your Body
"Wear close-fitting, light-colored clothing that is appropriate for the season. Pant clips keep clothing from catching or rubbing on gears and chains."
"If you ride at night, wear clothing with reflective patches or stripes. Some helmets can be outfitted with front and rear lights."
"On long trips, plan regular rest breaks. Avoid dehydration by drinking plenty of fluids."
"For extended rides, plan for safety and comfort. Carry a first aid kit and know how to use it for minor emergencies. Pack clothing for unexpected cold or wet weather. Plan meal breaks and overnight stops in advance. Leave a copy of your itinerary with someone at home."

Outfit Your Bicycle
"Use lights at night, both front and rear." The headlight should be bright white and visible from 500 feet. The rear reflector or taillight should be visible from 300 feet. At least one of the lights should be visible at least 200 feet from the side.
"Your bicycle should also be equipped with wheel and pedal reflectors, or other reflective surfaces."
"Make sure your bicycle fits your body, and keep it in good condition."
"Carry a tool kit on long road trips and learn how to perform basic repairs."

* indicates legal requirements in New York State

NYS BIKE ROUTE 5
Bike Route 5 generally parallels the route of the Erie Canal, crossing New York State west to east between Niagara Falls and Albany. Traversing the plains of Lake Ontario between Niagara Falls and Syracuse, and the Mohawk Valley between Syracuse and Albany, Bike Route 5 takes advantage of the terrain which has made this corridor an attractive option for access, enjoyment and travel for over 200 years. Since the canal's completion in 1825, the Erie Canal corridor has also served as the preferred route for railroads and the New York State Thruway. Cyclists can experience the Erie Canal by leaving between Bike Route 5 and off-road Canaway Trail segments.

Along this route, cyclists can also experience the vibrant and prosperous history of New York State and the Erie Canal. Historic sites within a short distance of Bike Route 5 include revolutionary War battlefields at Chateaugay and War of 1812 battlefields near Oswego and Malaga Falls. Other sites include the homes of abolitionist Frederick Douglass (Fletcher), Susan B. Anthony (Museum), and George Eastman (Rochester), whose homes are museums and monuments to the state's history.

Beginning on the Rainbow Bridge and overlooking Niagara Falls, Bike Route 5 heads eastward along US Route 62 through Niagara Falls before joining NY Route 31 (near Lockport). From this point eastward, Bike Route 5 parallels the Erie Canal, passing through numerous historic canal villages between Lockport and Syracuse. East of Syracuse, Bike Route 5 follows the Mohawk River to Albany, the capital of New York. Within Albany, Bike Route 5 passes by New York's historic capital building and Empire State Plaza. It then crosses the Hudson River and follows US Route 20, over the Taconic Range into the Commonwealth of Massachusetts. Bike Route 5 is approximately 300 miles in length.

NYS BIKE ROUTE 9
Bike Route 9 traverses the Hudson and Champlain Valleys of New York State. On this bike route, you can travel through the cradle of American history, tour numerous National and State historic sites and parks, and visit picturesque local communities, all set against the scenic backdrop of the Hudson River, Lake Champlain, and the Adirondack Mountains. Whether you are bicycling for recreation, or taking a short day trip for recreation, there are many reasons to explore Bike Route 9.

Bike Route 9 consists of two sections. Bike Route 9 South starts from New York City and follows the George Washington Bridge, then travels the west side of the Hudson River to Bear Mountain, where it crosses the Bear Mountain Bridge (along with the Appalachian Trail). It then follows the east side of the Hudson River Valley through Poughkeepsie to Tarrytown and Albany.

Bike Route 9 North begins in central Hudson River communities in the Capital Region, past the gateway of the NY State Canal System in Troy and Watertown, then continues up the Hudson and Lake Champlain Valleys and the eastern Adirondacks to the Canadian border. The route joins Quebec route 303 north of Rouses Point, and follows the Richmonde Valley and the Champlain Canal Towpath to Montreal.

This route is approximately 345 miles in length (George Washington Bridge to Canadian border). It travels through rolling hills in the Hudson Valley and along Lake Champlain, and is relatively level through the Capital Region.

NYS BIKE ROUTE 17
Bike Route 17 crosses the Southern Tier of New York State, with Lake Erie and the Hudson River as its endpoints. The route roughly parallels Interstate 86 between Jamestown and Corning, NY Route 17 between Corning and Port Jervis, and Interstate 84 between Port Jervis and Beacon. Along the route, cyclists will experience the diverse topography of New York State, from the Valley Forge Mountains and the wide, flat valleys of the Allegheny and Susquehanna Rivers, to the scenic and rolling Delaware Valley. Bike Route 17 visits the foothills of the Catskill Mountains in Delaware County, and crosses the Shawangunk Mountains just east of Port Jervis in Orange County.

Cyclists will have the opportunity to experience some of the unique culture, history, and natural beauty of New York's Southern Tier. Your bicycle trip may include a visit to the Chautauque Institution (Chautauque), the Lundy-Dick Museum (Jamestown), the Corning Museum of Glass (Corning), or the Robinson Museum and Science Center (Binghamton). A short bicycle trip from Bath Corning Mountain State Park, famous for their scenic beauty, charming communities, and spectacular vineyards and wineries, or Corning in the Finger Lakes, famous for their scenic beauty, charming communities, and spectacular vineyards and wineries, or enjoying hiking and camping at Allegany, Chautauque Valley, or Onondaga Creek State Parks. Catch a glimpse of a bald eagle along NY Route 97 in southern Sullivan County. In Newburgh in Washington's Headquarters State Historic Site, where Washington camped during the winter of 1782-83.

Beginning at NY Route 5 in the Village of Westfield, Bike Route 17 passes through the cities of Jamestown, Salamanca, Olean, Hornell, Corning, Elmira, and Binghamton. East of Binghamton, Bike Route 17 follows NY Route 97 along the Delaware River before turning east at Port Jervis. At Newburgh, the route crosses the Hudson River via a walkway on the southern span of the Newburgh-Beacon Bridge. Bike Route 17 ends at its intersection with Bike Route 9 north of the city of Beacon. This route is 435 miles in length.

ROUTE STATUS
- Existing (signed)
- Proposed

NYSDOT 2003

Legend

Highways
 - State Bicycle Route
 - County
 - Federal
 - Interstate
 - State
 - Interchange

Transportation
 - Rail
 - Passenger Station
 - Ferry & Terminal
 - Airport

Parks and Recreation Areas
 - State Forest or Other Recreation Areas
 - State Historic Site
 - State Campground
 - Federal Recreation Areas
 - Municipal Recreation Areas
 - Adirondack Park

Boundaries and Places
 - County
 - City
 - Village
 - Indian Reservation
 - Inset Area